

The logo features a stylized heart icon on the left, composed of concentric, overlapping shapes. To the right of the icon, the text "LIVE TO THE BEAT" is written in a large, bold, white, sans-serif font. Below this, the words "VIRTUAL COACHING PROGRAM" are written in a smaller, bold, white, sans-serif font. The entire logo is set against a background of orange and red diagonal stripes.

LIVE TO THE BEAT

VIRTUAL COACHING PROGRAM

Building Your Support Team Session Worksheet

Use this worksheet while watching the video or afterward to reflect on what you learned and choose one small, realistic step to make sure you have the support you need to stick with your healthy habits.

WELCOME & RELECTION

As you listen, jot down a quick thought:

How do you think social connection can play a role in heart health?

SUPPORT & HEART HEALTH

When we feel supported, our bodies experience _____(more/less) chronic stress.

What kind of support do you already have? Check all that apply:

- ☐ Walking partner or group
- ☐ Friend who checks in
- ☐ Doctor/health provider
- ☐ Faith or community group
- ☐ Online/digital support
- ☐ Other: _____

TYPES OF SUPPORT

Fill in personal examples for each type of support:

Personal Support:_____

Social Support:_____

Environmental Support:_____

Community Support:_____

Health Care Support:_____

Family Health History:_____

Family Health History is another type of support that can help:

- Identify risks earlier
- Shape realistic goals
- Guide conversations with doctors

What do you currently know about your family health history?

Who can you connect with to find out more?

BARRIERS TO ASKING FOR HELP

Why might asking for help feel hard for you?

SUPPORT TEAM MAPPING

Think about your current day-to-day and write down:

Who motivates you?

Who listens when you need encouragement?

Where do you feel safe being honest about your health?

What community resources exist where you live?

YOUR ACTION PLAN

Identify one current health goal: _____

Ask	Who can I ask for support in achieving this goal?	
Be Specific	What support am I asking for?	
Time-Bound	What is the period of time I need support?	

Life happens, plans change, and networks are not always available, so what is your backup plan?

Choose the backup strategies that could work for you:

- ☐ Phone reminders
- ☐ Calendar alerts
- ☐ Notes or affirmations
- ☐ Health apps
- ☐ Community programs
- ☐ Adjusting goals when needed
- ☐ Other: _____

Remember, connection is not weakness, it's protection.

RESOURCES REFERENCED

[Live to the Beat Coaching Community](#) - When prompted for the access code, type "HabitsThatStick"
Follow Live to the Beat on [Facebook](#) and [Instagram](#)